

HELPFUL HINTS:

Mental illness is more common than many people realize. In 2014, one in five American adults experienced a mental-health issue; one in 10 young people experienced a period of major depression; and one in 25 Americans lived with a serious mental illness such as schizophrenia or bipolar disorder.

The good news is that those with a mental-health issue can get better, and many recover completely. **Four factors in particular help contribute to successful progress:**

- **Health:** making informed, healthy choices that support personal well-being
- **Home:** having a safe, comfortable, stable place to live
- **Purpose:** engaging in activities with meaning, such as volunteering, caring for family, being creative and pursuing a desired course of study
- **Community:** building supportive relationships and networks

Source: U.S. Department of Health & Human Services  
([www.mentalhealth.gov/basics/myths-facts/](http://www.mentalhealth.gov/basics/myths-facts/), [www.mentalhealth.gov/basics/recovery/index.html](http://www.mentalhealth.gov/basics/recovery/index.html))

Effective stress management also reinforces a productive recovery plan. A few ways to help lower stress include:

- Organizing and prioritizing time and tasks
- Remaining physically active, including exercise
- Stretching daily
- Maintaining a healthful diet
- Making time for meaningful hobbies
- Relaxing before bedtime and getting at least eight hours of sleep

GIVE TO EDGEWATER:  
Support Our Programs for Men, Women and Children

Edgewater Systems is a nonprofit community mental health center serving Northwest Indiana’s most vulnerable people and families.

Edgewater remains committed to providing comprehensive healthcare and family support services including family and youth counseling; addiction and dependency treatment; crisis stabilization and management; adult residential services; and primary care services.

In Fiscal Year 14 (July 1, 2014–June 30, 2015), we helped more than 3,000 people improve their quality of life. Your financial support allows us to continue offering vital services and promoting balanced health in our communities.

Please make your contribution payable to Ambassadors for Edgewater. You can mail your contribution to the address below. We will send you in return an acknowledgment letter you can use for tax purposes.



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Gary, IN 46402

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SUMMER 2016

# BALANCED Health



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## SAVE THE DATE

### EDGEWATER SPEAKEASY GALA

AN EVENING OF STYLIZED ROARING '20s FUN, COMPLETE WITH  
PROFESSIONAL GAMBLING TABLES AND DEALERS

SAND CREEK COUNTRY CLUB | **OCTOBER 14, 2016**  
CHESTERTON, IN

CASINO TABLES ARE FOR ENTERTAINMENT PURPOSES  
ONLY AND ARE FREE AND OPEN TO THE PUBLIC



**DR. DANITA JOHNSON HUGHES,  
PRESIDENT AND CEO**

“Healthcare is changing and Edgewater Systems is, once again, rising to meet the challenge!”

For more than 42 years, Edgewater has been known for its comprehensive approach to community behavioral healthcare. In keeping with our constant efforts to enhance what we offer, we are pleased to announce our addition of primary healthcare services beginning July 1, 2016.

Edgewater has acquired a successful primary care practice with offices in both Gary and Griffith. The practice, currently known as Internal Medicine Center of Northwest (IMCNW) Indiana will be rebranded as Edgewater Primary Care. IMCNW was started by Dr. Okechi Nwabara, an esteemed and well-known internal medicine physician who has been serving the community since 1984.

Dr. Nwabara will remain on staff as both lead physician and medical director for both locations, which currently serves more than 5,000 patients. Together, Edgewater and Internal Medicine have more than 70 combined years of exceptional healthcare support to the Northwest Indiana community.

Their efforts united with ours will focus on providing integrated healthcare for patient populations, improving care coordination and ensuring more appropriate use of our healthcare resources.

By offering services to address mental health, substance abuse and primary care concerns, we will be able to produce better outcomes and an even more effective way to care for those with multiple healthcare needs.

The benefits of our new system include:

- greater access to services
- higher quality of care
- lower healthcare costs

As we continue evolving with the changes and challenges in today's healthcare system, we will steadfastly maintain our commitment to the well-being of our communities.

## UNDERSTANDING HEALTH CARE REFORM:

### Integrated Care

The Affordable Care Act of 2010 includes several supports and incentives for states and healthcare providers to integrate primary care and behavioral healthcare services. Here are a few of the main things to understand about that integration.

#### **Why is integrating primary care and behavioral healthcare important?**

Studies have shown that people with mental health or addiction disorders die at a younger age than those in the general population. Causes are likely to include treatable health conditions such as heart disease and diabetes. People with addiction or mental health issues need greater access to primary care services.

#### **What is integrated care?**

Integrated care is when healthcare professionals consider all mental and physical health conditions at the same time, including those requiring prescriptions. Integrated treatment leads to a fuller understanding of the whole person's health.

#### **How does integrated care work?**

It can take many forms, such as offering mental health or addiction treatment and primary care in the same building; uniting mental health and primary care specialists to treat the same patients; or having a primary care professional with mental health or addiction medicine training provide all basic services for each patient.

#### **What is an example of integrated care?**

The most common example is the 'patient-centered medical home,' also known as 'health home' or 'clinical home,' in which a provider or a team of healthcare professionals manages all of a person's health services.

#### **What does integrated care mean for the behavioral health community?**

Integration of primary care and behavioral healthcare allows health professionals to coordinate diagnoses and treatments. Integrated care also looks to reduce the number of medical tests and the repetition of basic procedures such as blood draws. It helps ensure medications are compatible and prescribed correctly as well.

To learn more about integrated care, visit [www.healthcare.gov](http://www.healthcare.gov).

Source: Substance Abuse and Mental Health Services Administration (SAMHSA), U.S. Department of Health & Human Services

## STAY CURRENT & CONNECTED:

Keep informed about the latest news and thoughts concerning the healthcare that matters most to you.

- Follow us on Facebook ([Edgewater Systems](#))
- Visit our website: [www.edgewatersystems.org](http://www.edgewatersystems.org)
- Sign up for our e-mail updates: Write to [jstjohn@edgewatersystems.org](mailto:jstjohn@edgewatersystems.org) to join.



## PROGRAM SPOTLIGHT:

### Rapid Access Center (RAC)

The Rapid Access Center (RAC) is located at 4747 West 24th Avenue in Gary. Opened on July 1, 2015, the RAC is a focused collaboration of Northwest Indiana community stakeholders and key members of the state and federal government.

The only program of its kind in Indiana, the RAC offers immediate response to adults who are experiencing a psychiatric crisis such as severe psychosis or depression, intrusive behaviors or extreme thoughts of suicide or harm to others and are willing to voluntarily admit to the program. It also provides services to individuals confronting comorbid substance use or abuse issues.

Focused on diverting a crisis from leading to jail or a hospital, the program unites efforts among representatives from local hospitals, law enforcement, emergency medical services and community service providers. Its two distinct divisions, the Immediate Psychiatric Care Clinic and the Acute Stabilization Unit, operate 24 hours a day, seven days a week.



*In October 2015, Edgewater was the co-recipient of The Society of Innovators of Northwest Indiana's Accelerating Greatness Award for Team Innovation presented by Ivy Tech Community College's Society of Innovators.*

## MARK YOUR CALENDAR:

### EDGEWATER'S ANNUAL SPEAKEASY GALA

**October 14, 2016**  
Sand Creek Country Club, Chesterton, IN

### BEHAVIORAL HEALTH AWARENESS DATES

**September 1–30, 2016**  
Recovery Month

**September 5–11, 2016**  
National Suicide Prevention Week

**September 10, 2016**  
World Suicide Prevention Day

**September 25, 2016**  
National Psychotherapy Day

**September 29, 2016**  
World Heart Day

**October 1–31, 2016**  
ADHD Awareness Month  
AIDS Awareness Month  
Breast Cancer Awareness Month  
Bullying Prevention Month  
Domestic Violence Awareness Month

**October 5–9, 2016**  
Mental Illness Awareness Week

**October 6, 2016**  
National Depression Screening Day

**October 10, 2016**  
Worldwide Mental Health Day

**October 23–31, 2016**  
Red Ribbon Week (Drug-Free America)

**December 1, 2016**  
World AIDS Day

### MEET OUR NEW OFFICERS & BOARD MEMBERS

(FY 2017 July 1, 2016–June 30, 2017)

#### OFFICERS

**Board Chair:**  
**Shirley Thomas**, Retired Educator

**Vice President:**  
**Dr. Sharon Johnson-Shirley**,  
Superintendent Lake Ridge Schools

**Treasurer:**  
**Brad Vosberg**, Sen. V.P. & Regional Retail  
Sales Manager, First Midwest Bank

**Secretary:**  
**Jerome Ezell, Esq.**, Adjunct Professor, IUN

#### NEW BOARD MEMBERS

**Jonathan R. Anderson, Esq.**,  
President, Anderson Partners LLC

**Regina Biddings-Muro**, Vice Chancellor of  
Institutional Advancement, Purdue University  
Northwest

**Randy Boarden**, Regional Sales  
Representative, Konica Minolta

**Larry Brewer**, President/Owner, Southshore  
Dance Alliance

**Honorable Bernard A. Carter**,  
Lake County Prosecutor

**Ben Toles**,  
General Manager, B. Coleman Aviation LLC

**Tracy Williams**, Owner, Hinton and Williams  
Funeral Home

## ABOUT EDGEWATER:

A 501(c)(3) Edgewater System (Edgewater)/Edgewater Behavioral Health Services has been providing mental health and addiction treatment services since 1974. Edgewater's Behavioral Health Services is accredited by the Commission on Accreditation of Rehabilitation Facilities (CARF), a prolific distinction signifying that Edgewater programs and services are measurable, accountable and of the highest quality.

Today, Edgewater's array of programs serves the region's behavioral and primary care health needs. These include services for addictive disorders; outpatient services including individual, family and group counseling; day treatment programs for both adults and youth; psychiatric and psychological services including assessments and testing; adult residential services; case management; and acute crisis stabilization. In 2016, Edgewater further expanded its services by offering primary care at its existing behavioral health location. Primary care services include health promotion, disease prevention, health maintenance, counseling, patient education, diagnosis and treatment of acute chronic illnesses. With the acquisition of our two new primary care offices, Edgewater looks forward to meeting the Northwest Indiana community's comprehensive healthcare needs.



*On April 16, 2016, Edgewater Behavioral Health Services received Calumet College of St. Joseph's Corporate Leadership Award for its leadership, spirit, commitment to the community and contribution to improving the quality of life for those it serves.*

## CLIENT EXPERIENCE:

*“When you walk into Edgewater, every person in every position is all so friendly, so kind. They come up to you to say good morning and how are you. They talk to your child. From the security guards to upper management, they all show their care for the person.” - Mendoza Family, [Father]*

*“Edgewater is a nice place in making me calm. Now I have more time to concentrate and get focused, and they have patience for me. I like it at Edgewater.” - Mendoza Family, [Son]*

*“One of the good things about Edgewater is the form of family. When you're dealing with emotional issues and you're brought into this type of institution, you're not always made to feel like family. That's one thing that Edgewater did for me the day that I went there. I went in with the mindset of 'I'm going to be judged,' and they did not do that. They made me feel like they cared.” - Darwin K*

*“When I was using, I was really struggling. I came to realize my daughter and my life were more important than the drug. I had heard about Turning Point, so I went and signed up and started treatment. At first, it was kind of difficult, but as I got stabilized, the program helped me out so much, to where I'm now 14 years clean.” - Loida C.*

## LEGISLATIVE UPDATE:

### New Law Includes Indiana Senator's Provisions Against Opioid/Heroin Abuse

President Barack Obama signed the Comprehensive Addiction and Recovery Act (CARA) on July 22, 2016. Responding to the nation's heroin and prescription opioid crisis, CARA will provide states and local communities with important tools to prevent and treat drug addiction and support individuals in recovery.

The new law includes several of Sen. Joe Donnelly's (D-IN) provisions adopted from his bipartisan legislation to update best practices for managing pain and prescribing pain medication, as well as to raise public awareness of the nation's opioid and heroin epidemics.

It also contains a bipartisan provision he authored that would encourage first responders administering the overdose reversal drug naloxone to assist recipients with finding follow-up treatment or other necessary services.

Donnelly and Sen. Kelly Ayotte (R-NH) spearheaded the legislation's passage through the Senate. Donnelly has been active in addressing the opioid/heroin crisis both in Indiana and across the nation for more than two years. In June 2016, he held a roundtable with federal, state and local officials in Northwest Indiana to discuss efforts, programs and partnerships for preventing drug abuse.